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Case Study

A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF *PRATISHYAYA* (RHINITIS) IN CHILDREN USING GOJIVHADI SYRUP

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ABSTRACT

Pratishyaya, commonly correlated with allergic rhinitis in modern medicine, is a frequently encountered condition in children, often triggered by seasonal changes, environmental allergens, and compromised immunity. It presents with symptoms like sneezing, nasal discharge, nasal blockage, and headache, significantly affecting the child's quality of life. Conventional treatments provide symptomatic relief but are often associated with side effects and recurrence. Ayurveda offers a holistic and safe approach through formulations that balance the *Doshas*, enhance immunity, and improve digestion. This case study evaluates the efficacy and safety of Gojivhadi Syrup, a classical Ayurvedic formulation, in the management of *Vata-Kaphaja Pratishyaya* in a 5-year-old male child with a history of recurrent rhinitis. The child presented with severe sneezing episodes (25–30/day), watery nasal discharge, nasal congestion, irritability, and disturbed sleep. Based on Ayurvedic principles and clinical examination, a diagnosis of *Vata-Kaphaja Pratishyaya* was made. The patient was administered Gojivhadi Syrup (5 ml thrice daily for 7 days). Significant clinical improvement was observed, with sneezing episodes reducing to 3–4/day, resolution of nasal congestion, and normalized laboratory parameters such as TLC, AEC, and ESR. No adverse effects were reported. The outcome suggests that Gojivhadi Syrup, with its *Kapha-Vatahara*, *Deepana*, *Pachana*, and *Rasayana* properties, can be a safe and effective remedy for allergic rhinitis in children. This case highlights the role of Ayurvedic management in pediatric respiratory disorders and encourages further research through large-scale clinical trials.

INTRODUCTION

Pratishyaya is an upper respiratory tract disorder prominently described in Ayurvedic literature. It presents with cardinal symptoms such as nasal discharge *(Nasastrava),* sneezing *(Kshavathu),* nasal blockage *(Ghranoparodha),* loss of smell *(Ghranoparadha),* and associated features like headache *(Shirashoola),* cough *(Kasa),* and fever *(Jwara).* While modern pharmacological management includes antihistamines, corticosteroids, and decongestants, these are often associated with side effects like sedation, dryness of mucosa, and suppression of immunity.

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In contrast, Ayurveda proposes holistic, dosha-specific treatment with herbs that enhance digestion, pacify aggravated *Doshas*, and improve immunity without side effects. Gojivhadi Syrup is a combination of *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), and *Pippali* (*Piper longum*)-collectively known as *Trikatu*, which are known for their *Deepana*, *Pachana, Shothahara* and *Kasahara* properties.

This case study includes a 5 years Male child, with no significant previous history having *Pratishyaya* since 3-4 days. Clinical parameters before and after treatment were observed and compared. The clinical symptoms identified in the present case study correlate with the *Pratishyay* in Ayurvedic classics

Case Presentation

Patient Details

Age: 5 years
Sex: Male
Weight: 17 kg

Presenting Complaints

Sneezing (25–30 episodes/day)
Continuous watery nasal discharge since 7 days
Nasal congestion since 5 days
Headache since 5-6 days
Loss of taste since 3 days
Irritability and disturbed sleep since 7 days
Duration of Illness: 7 days

Patient history

History of presenting illness:

Patient was apparently alright 7 days ago when he started having sneezing, nasal discharge, headache, etc initially mild but progressively worsening. Parents report frequent sneezing bouts (25-30 sneezes at a time), especially in the morning. No associated fever, cough or sore throat. No breathing difficulty. Symptoms worsen when playing outdoors or in dusty environment.

No history of foreign body insertion into nose, trauma, or foul-smelling discharge.

Past History

History of recurrent episodes of rhinitis over past 2 years, especially during seasonal changes. No significant medical history of chronic illness or genetic disorders and took treatment for same multiple times with temporary relief. His haematological and biological lab findings as followed

Table 1: Personal History of Patient

Diet	Veg + Nonveg diet
Micturition	6-7 times a day, 1-2 times in night
Bowel	Normal
Appetite	Normal
Sleep	8-9 hrs/night. Disturbed sleep during current illness
Allergy	Known allergy to dust
Environmental history	City with moderate air pollution. Room having AC ventilation

Family History: Positive for allergic rhinitis.

Birth History: FT/LSCS/CIAB/2.6 kg.

No NICU stay.

Vaccination History: Vaccinated as per age (IAP schedule).

Social and environmental History: Exposure to dust, cold air.

Working in AC ventilation. Resides in society having pigeons sheltering.

Table 2: *Ashtavidha Pariksha* of Patient

1. *Nadi* (Pulse)	102/min	5. *Shabda* (Speech)	*Spashta* (Normal)
2. *Mutra* (Urine)	5-6 times a day	6. *Sparsha* (Touch)	*Snigdha*
3. *Mala* (Stool)	Normal	7. *Drik* (Eyes)	*Samyak* (Normal)
4. *Jivha* (Tongue)	*Sama* (Coated)	8. *Akriti* (Built)	Moderate

Clinical Examination

General: Moderately built.
Vitals: Within normal limits.
RS-AEBE clear, no wheeze, no crepts, RR- 30/min.

Throat- Postnasal drip, mild congestion present.

Weight: 18.5 kg
Abdominal exam: Soft Nontender Non-distended.

Consent: Obtained from parents

Investigations (Day 0): TLC: 12500/cumm, DLC: N40L38E24M4, AEC: 825/cumm, FBS: 92mg/dl, ESR: 48/hr.

Diagnostic assessment: The diagnosis of *Vata-Kaphaja Pratishyaya* was made based on classical Ayurvedic signs and symptoms corroborated with modern understanding of allergic rhinitis. The child presented with features like sneezing, watery

discharge, and nasal blockage, indicating vitiation of *Vata* and *Kapha doshas.* Repeated evaluation initially and on follow-up done and Baseline parameters assessed.

Ayurvedic Diagnosis: *Vata-Kaphaja Pratishyaya*

Modern Diagnosis: Allergic rhinitis

Therapeutic Intervention

Treatment Plan:

Drug: Gojivhadi Syrup
Dose: 5ml orally thrice daily
Duration: 7 days
Route: Oral
Follow-up: Day 3, Day 5, Day 7 Dietary advice – Drink plenty of water. Take fruits, green leafy vegetables. Avoid dairy products, avoid allergens.
Safety: No adverse effects reported

Drug Review

Syrup

As syrup allows faster absorption of active herbal constituents, offering quicker relief from symptoms such as sneezing, nasal discharge and congestion. The formulation also has ease of administration and palatability. Their safety profile and adaptability make them suitable for all age groups.

Table 3: Drug Review

Dravya	***Rasa***	***Veerya***	***Vipaka***	***Guna***
Gojihwa (Onosma bracteatum)	*Madhur, Tikta, Kashay*	*Sheeta*	*Madhur*	*Laghu, Snigdha*
Draksha (Vitis vinifera)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru, Mridu*
Yashtimadhu (Glycyrrhiza glabra)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru*
Vasa (Adhatoda vasaka)	*Tikta, Kashay*	*Sheeta*	*Katu*	*Laghu, Snigdha*
Hansraj (Adiantum lunulatum)	*Kashay*	*Sheeta*	*Madhur*	*Guru*
Khatmi (Althaea officinalis)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru, Pichchila*
Gulbanafsa (Viola odorata)	*Katu, Tikta*	*Ushna*	*Katu*	*Laghu, Snigdha*
Mishreya (Foeniculum vulgare)	*Madhur, Katu, Tikta*	*Sheeta*	*Madhur*	*Laghu, Snigdha*
Anjeera (Ficus carica)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru*
Unnav (Ziziphus jujuba)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru*
Jufa (Hyssopus officinalis)	*Tikta, Katu*	*Ushna*	*Katu*	*Laghu, Tikshna, Ruksha*
Sapistan (Cordia myxa)	*Madhur*	*Sheeta*	*Madhur*	*Snigdha, Guru*
Khubkalam (Scorphularia nodosa)	*Katu*	*Ushna*	*Katu*	*Snigdha, Guru, Pichchila*
Alasi (Linum usitatissimum)	*Madhur, Tikta*	*Ushna*	*Katu*	*Snigdha, Guru, Pichchila*
Maricha (Piper nigrum)	*Katu*	*Ushna*	*Katu*	*Laghu, Tikshna*
Kantakari (Solanum xanthocarpum)	*Tikta, Katu*	*Ushna*	*Katu*	*Laghu, Tikshna, Ruksha*

Gojivhadi kwatha consists 16 ingredients, most of having medicinal properties like *Madhur rasa; Snigdha, Guru guna* which reduces elevated *Vata dosha. Ushna virya* and *Laghu, Tikshna guna* of *Maricha, Kantakari, Jufa,* etc., has *Aampachan, Vatanuloman* and *Vatakaphahar* property which pacify the *Vata* and *Kapha dosha* responsible for the disease *Pratishyay*. Also digests the free toxins of body due to *Aampachan* property. Hence *Gojiwhadi kwatha* used in *Pratishyaya* without any aftereffects.

Sadhyasadhyata (Prognosis)

Sadhyasadhyata of any disease is essential for treatment as it gives clue regarding treatment possible with drugs or not. *Pratishyaya* is a disease affecting *Vata* and *Kapha dosha* and *Rasa dhatu*. Hence *Prakruti* Involving *Pitta* dominance and *Raktasarata* affects the prognosis of disease.

OBSERVATIONS AND OUTCOME

Patient was reassessed with following criterion after 7 days of follow-up. Laboratory investigations were also assessed as before and after treatment.

Subjective improvements included significantly decreased sneezing frequency, no nasal discharge, no nasal secretions or nasal congestion, no headache, no irritability. Patient had improvement in sleep quality.

Table 4: Improvement in parameters before and after treatment

S.No.	Parameter observed	Before treatment	After treatment
1.	Nasal mucosa	Mucosal congestion, turbinate swelling	Normal
2.	Sneezing frequency	25–30 episodes/day	3-4 episodes/day
3.	TLC	12500/cumm	6200/cumm
4.	DLC	N40L38E24M4	N45L30E7M3
5.	AEC	825/cumm	380/cumm
6.	ESR	48/hr	19/hr

DISCUSSION

Pratishyay is very common illness in childhood state. As the classical text describes, *Prati* denotes *Abhimukha* and *Shyaya* means to *Gamanam*. So, in *Pratishyaya Kaphadi Dosha* undergo upward movement due to aggravated *Vatadosha*. condition It means the condition in which there is continuous flow. *Pratishyaya* align closely with modern descriptions of rhinitis. Gojivhadi syrup benefits in this condition as it contains *Kaphahara, Shwasahara* and *Rasayana dravyas*. These properties may have contributed to rapid symptomatic relief observed in this case. The child responded remarkably well to Gojivhadi Syrup. The herbal formulation acts by enhancing *Agni*, removing *Ama*, and pacifying aggravated *Kapha* and *Vata doshas*. These properties also support nasal decongestion, improve digestion, and strengthen immunity. This highlights Ayurveda's potential in managing pediatric respiratory ailments effectively and safely.

CONCLUSION

The present case study demonstrates the significant therapeutic potential of Gojivhadi Syrup in the Ayurvedic management of *Vata-Kaphaja Pratishyaya* (Allergic Rhinitis) in children. The child exhibited classical signs of *Pratishyaya* and responded effectively to the 7-day treatment with Gojivhadi Syrup, showing marked improvement in both subjective symptoms and objective parameters, including a reduction in sneezing frequency, nasal congestion, and eosinophil count. The formulation, rich in *Deepana, Pachana*, and *Kapha-Vata* pacifying herbs, was well tolerated, with no reported side effects, highlighting its safety and palatability for pediatric use. This case reinforces the efficacy of Ayurvedic formulations as a gentle and holistic approach to managing recurrent respiratory illnesses in children, particularly when conventional treatments show limited long-term results. Further clinical studies on larger populations are recommended to substantiate these findings and promote integrative pediatric care.

Recommendations

Further studies with larger sample sizes are recommended to validate these findings. Comparative trials with modern treatments would also strengthen its clinical utility.

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